



AFTERSCHOOL PROGRAMS: Fun Physical Activity



Name of Activity: Hoops Stations

Grade Level: 3-5

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Equipment

- 1 Hoop per student
- Hoop task cards
- 1 cone for each task card (optional)

Skill Themes

- Manipulative Skills
- Transferring Weight
- Jumping & Landing

Fitness Components

- Cardiovascular Efficiency

Organization

- Place hoop task cards and cones 5-10 yds. apart in a rectangular or circular formation (depending on space, place 1-2 cards at each cone).
- Designate groups of 2-3 students.
- Assign each group a station and designate the direction of movement around the course.
- Or use grid formation.

Description

- Each group reads their card(s) and performs the task(s) for 1-2 minutes.
- On signal, the group rotates to the next station using a designated locomotor movement (e.g., jogging, skipping, galloping).

Flash Fitness Plastic Hoop Task Card

- "The Hula": one hoop around waist.
- Double Trouble: spin 2 hoops at once around waist together.
- Arm Switch: spin hoop around 1 arm, switch arms.
- The Choker: spin hoop around neck (hoop should not touch front of neck).
- Knee Knockers: spin hoop around knees.
- Hop: spin hoop around 1 ankle and hop over the hoop as it turns.
- Slip the Eel: spin hoop around neck and slip arms up through hoop keeping hoop circling until it catches waist.
- Sink the Ship: spin hoop from waist to knees (to waist again).
- Boomerang: roll hoop forward with a backhand flip. When hoop comes back, jump over it or through center.
- 360°: spin hoop and turn 1 complete circle
- Hula Jump: jump rope with the hoop
- Hoop 'n Spin: spin hoop and spin around on 1 foot (1 circle). This is easier if a turn is made in the same direction as the hoop.
- Original: create your own trick.



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